

Hot Happenings

USAG Wiesbaden Mainz • Dexheim Wackernheim • Wiesbaden

Health and Wellness Fair

Take time on Aug. 31 to learn more about the latest health trends, have your blood pressure taken or have your health questions answered. The Health and Wellness Fair will take place at both the new Wiesbaden Fitness Center and the Dexheim Sports and Fitness Center from 11 a.m. to 3 p.m. Food and beverages will be available as well as free brochures and pamphlets. For more information call civ (0611) 705-5541.

Fitness Center ribbon cutting ceremony

The Wiesbaden Fitness Center opens officially with a ribbon cutting ceremony Aug. 15 at 10:30 a.m. Take a guided tour, enjoy a slice of cake and enter for a chance to win prizes. Meet community leaders and chat with the staff of AFN Hessen. Special guests will include USAG Hessen commander Col. Herman "Tracy" Williams III, Maj. Gen. William Grisoli and Col. Margaret Burcham.

Military Idol

Do you have what it takes to be the next Military Idol? The 2006 Military Idol competition will take place each Saturday in August and September at 8 p.m. at the Wiesbaden Army Airfield Community Activity Center. The first-place winner in the local competition will receive \$500, entry into the National Military Idol finals as well as \$500 for unit funds. For information call mil 337-5558 or civ (0611) 705-5558.

USAG Giessen Friedberg • Bad Nauheim Butzbach • Giessen

Step and sculpt

Looking for something a little more interactive than a workout machine to get back in shape? The Miller Hall Fitness Center offers calorie-burning exercise programs blending aspects of step aerobics and body sculpting. Boost your energy and knock off serious weight Monday and Wednesday from 5:30-6:30 p.m. Call civ (0641) 402-8208 for more information.

Teach your skills

MWR's School of Knowledge, Inspiration, Exploration and Skills, or SKIES Unlimited Program, is seeking professionally experienced instructors in guitar, piano, photography and other specialties to teach children in after-school programs for the 2006-07 school year. Contract positions are available immediately. For more information contact SKIES Unlimited at mil 343-7731 or civ (0641) 402-7731.

Dance like an Egyptian

Learn the six elementary movements of belly dancing using the Oriental dance technique. Learn how to isolate hip and torso movements to the beat of pop and classical oriental music. Renate Majcher will teach the class on Aug. 8 from 6:30-7:30 p.m. at the Miller Hall Fitness Center in Giessen. For more information call civ (0641) 402-8208.

Hanau Community Gelnhausen • Büdingen • Hanau

Be a star

This year's Military Idol Competition is back in town and you're invited to compete for the title of Hanau's best Soldier performer. Registration has been extended to Aug. 15 and elimination rounds will be held at the Community Activity Center on Fridays at 7 p.m. through Sept. 29, excluding Labor Day weekend. You may even win a chance to advance to the national finals in the U.S. Call mil 322-3270 for details.

Alpine adventure for teens

Still looking for adventure this summer? There is a truly extreme sports trip for daring teens looking to spend a whole week white water rafting, mountain biking, canyoning and more Aug. 14-18. The trip costs \$100 and includes lodging, transportation and meals. For more information call Child and Youth Services at civ (06181) 88-9144.

Send your love

Be there for your loved ones, despite deployment. The Pioneer Library makes it possible with their video messenger. Soldiers are invited to record a free message to DVD or VHS to leave with their loved ones before they deploy. Read a book to your child or simply record a loving greeting. Spouses are also invited to record a message to send their Soldier downrange. For more information visit the Pioneer Library in Building 5 on Pioneer Kaserne or call civ (06181) 88-8942/8715.

USAG Baumholder Idar-Oberstein • Neubrück Baumholder

Theme park mania

Outdoor Recreation's fun specialists have their buses fueled up and ready to go this summer to all the major amusement parks in the region. Call about schedules to parks such as Six Flags Belgium, Disneyland Paris, Holiday Park, Phantasialand, Legoland, Europa Park and Six Flags Holland. Trip prices include transportation and admission. Registration is required and can be done by calling mil 485-7182.

Boot Camp

Get your body in shape at the Baumholder Boot Camp Sept. 5 through Oct. 12. This fun and challenging fitness experience will be held from 9-10 a.m. for six weeks on Tuesday and Thursday. The Boot Camp costs \$50 for the entire program or \$5 per class. Contact the Rolling Hills Athletic Club in Building 8895 on Smith Barracks or call civ (06783) 6-6156.

Military Idol

Find fame and fortune at the Military Idol talent competition. Sing and dance your heart out for a chance to win \$500 and a chance to compete in the U.S. finals. Auditions will be held at Rudy's Bar and Grill on Aug. 19 at 9 a.m. and at the Hall of Champions Aug. 26 at 10 a.m. Semifinals will be held at the Rheinlander Club Sept. 8-9 at 7 p.m. and finals will be held on Sept. 15 at 7 p.m. For more info contact mil 485-6352.



ARMYGERMANY.COM

www.ArmyGermany.com

Your gateway to U.S. military communities, career opportunities, travel and leisure in Europe.



At the movies Aug. 3-17



Johnny Depp (right) reprises his role as Capt. Jack Sparrow in "Pirates of the Caribbean: Dead Man's Chest."

Baumholder, Wagon Wheel

- Aug. 4 — X-Men: The Last Stand (PG-13) 7 p.m.
Aug. 5 — Superman Returns (PG-13) 7 p.m.
Aug. 6 — Over The Hedge (PG) 4 p.m.
Aug. 11 — The Omen (R) 7 p.m.
Aug. 12 — Pirates Of The Caribbean: Dead Man's Chest (PG-13) 7 p.m.
Aug. 13 — The Break Up (PG-13) 4 p.m.

Büdingen, Little

- Aug. 4 — Stick It (PG-13) 7 p.m.
Aug. 5 — Hoot (PG) 3 p.m.
Aug. 11 — Poseidon (PG-13) 7 p.m.
Aug. 12 — RV (PG) 3 p.m.

Dexheim, Rhein

- Aug. 3 — The Da Vinci Code (PG-13) 7 p.m.
Aug. 4 — Pirates Of The Caribbean: Dead Man's Chest (PG-13) 7 p.m.
Aug. 5 — X-Men: The Last Stand (PG-13) 7 p.m.
Aug. 10 — The Omen (R) 7 p.m.
Aug. 11 — Akeelah And the Bee (PG) 7 p.m.
Aug. 12 — You, Me And Dupree (PG-13) 7 p.m.
Aug. 17 — The Fast And The Furious: Tokyo Drift (PG-13) 7 p.m.

Friedberg, Old Ironsides

- Aug. 3 — The Break Up (PG-13) 7 p.m.
Aug. 4-5 — Cars (G) 7 p.m.
Aug. 6 — RV (PG) 7 p.m.
Aug. 10 — The Omen (R) 7 p.m.
Aug. 11 — The Fast And The Furious: Tokyo Drift (PG-13) 7 p.m.
Aug. 12 — Cars (G) 2 p.m. The Fast And The Furious: Tokyo Drift (PG-13) 7 p.m.
Aug. 13 — The Break Up (PG-13) 7 p.m.
Aug. 17 — X-Men: The Last Stand

(PG-13) 7 p.m.

Giessen, Skyline

- Aug. 4 — The Da Vinci Code (PG-13) 7 p.m.
Aug. 5 — United 93 (R) 7 p.m.
Aug. 6 — Over The Hedge (PG) 7 p.m.
Aug. 8-9 — Cars (G) 7 p.m.
Aug. 11 — The Break Up (PG-13) 7 p.m.
Aug. 12 — RV (PG) 7 p.m.
Aug. 13 — The Wild (G) 7 p.m.
Aug. 15-16 — The Fast And The Furious: Tokyo Drift (PG-13) 7 p.m.

Hanau, Evening Star

- Aug. 3 — Just My Luck (PG-13) 7 p.m.
Aug. 4 — You, Me And Dupree (PG-13) 7 p.m. X-Men: The Last Stand (PG-13) 9:30 p.m.
Aug. 5 — You, Me And Dupree (PG-13) 7 p.m. The Da Vinci Code (PG-13) 9:30 p.m.
Aug. 6 — Over The Hedge (PG) 4 p.m. You, Me And Dupree (PG-13) 7 p.m.
Aug. 7 — X-Men: The Last Stand (PG-13) 7 p.m.
Aug. 8 — The Da Vinci Code (PG-13) 7 p.m.



Will Farrell stars as a NASCAR driver in "Talladega Nights: The Ballad of Ricky Bobby."

- Aug. 9 — X-Men: The Last Stand (PG-13) 7 p.m.
Aug. 10 — Over The Hedge (PG) 7 p.m.
Aug. 11 — Peter Pan (PG) noon The Ant Bully (PG) 7 p.m. The Omen (R) 9:30 p.m.
Aug. 12 — The Ant Bully (PG) 7 p.m. The Break Up (PG-13) 9:30 p.m.
Aug. 13 — The Ant Bully (PG) 7 p.m.
Aug. 14 — The Break Up (PG-13) 7 p.m.
Aug. 15 — The Omen (R) 7 p.m.
Aug. 16 — The Break Up (PG-13) 7 p.m.
Aug. 17 — The Omen (R) 7 p.m.

Wiesbaden, Flyers

- Aug. 3 — Just My Luck (PG-13) 7 p.m.
Aug. 4 — The Da Vinci Code (PG-13) 7 p.m.
Aug. 5 — The Ant Bully (PG) 7 p.m.
Aug. 10 — Over The Hedge (PG) 7 p.m.
Aug. 11 — The Omen (R) 7 p.m.
Aug. 12 — The Break Up (PG-13) 7 p.m.
Aug. 17 — The Da Vinci Code (PG-13) 7 p.m.

Wiesbaden, Taunus

- Aug. 3 — Mission Impossible III (PG-13) 7 p.m.
Aug. 4 — The Ant Bully (PG) 7 p.m. X-Men: The Last Stand (PG-13) 9:30 p.m.
Aug. 5 — The Ant Bully (PG) 4 p.m. X-Men: The Last Stand (PG-13) 7 p.m. The Da Vinci Code (PG-13) 9:30 p.m.
Aug. 6 — Over The Hedge (PG) 4 p.m. The Ant Bully (PG) 7 p.m.
Aug. 7 — The Ant Bully (PG) 7 p.m.
Aug. 8 — X-Men: The Last Stand (PG-13) 7 p.m.
Aug. 9 — Over The Hedge (PG) 7 p.m.
Aug. 10 — The Da Vinci Code (PG-13) 7 p.m.
Aug. 11 — Talladega Nights: The Ballad of Ricky Bobby (PG-13) 7 p.m. The Omen (R) 9:30 p.m.
Aug. 12 — Barnyard (PG) 4 p.m. Talladega Nights: The Ballad of Ricky Bobby (PG-13) 7 p.m. and 9:30 p.m.
Aug. 13 — Barnyard (PG) 4 p.m. Talladega Nights: The Ballad of Ricky Bobby (PG-13) 7 p.m.
Aug. 14 — Barnyard (PG) 7 p.m.
Aug. 15 — The Break Up (PG-13) 7 p.m.
Aug. 16 — The Omen (R) 7 p.m.
Aug. 17 — The Break Up (PG-13) 7 p.m.

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the garrison's website (see address below).

Movie plots

Talladega Nights: The Ballad of Ricky Bobby (PG-13) — When a flamboyant French Formula One driver challenges NASCAR hero Ricky Bobby (Will Farrell) for the supremacy of NASCAR, Ricky must face his own demons and fight for the right to be known as racing's top driver.

The Omen (R) — Based on the 1976 classic film, "The Omen" centers around a young boy named Damien, the son of an American diplomat. Damien's family is unaware he is destined to become the Antichrist until shattering events reveal the terrifying truth.

The Ant Bully (PG) — Young Lucas Nickle takes his frustrations out on the innocent ant hill in his yard. But the ants retaliate. Using a magic potion, they shrink Lucas down to ant size and sentence him to live like an ant in their colony. Lucas gets a whole new perspective on life.

You, Me And Dupree (PG-13) — This comedy tells the story of a newlywed couple (Kate Hudson and Matt Dillon) whose relationship problems boil over when the groom's unemployed best man, Dupree (Owen Wilson), moves in with them.

Pirates of the Caribbean: Dead Man's Chest (PG-13) — Captain Jack Sparrow (Johnny Depp) discovers he owes a blood debt to Davey Jones, captain of the Flying Dutchman. With time running out, Jack must find a way out of his debt or else be doomed to eternal damnation.

Just My Luck (PG-13) — Lindsay Lohan stars in this comedy about a lucky woman who accidentally swaps her good fortune for a stranger's (Chris Pine) chronic misfortune. She plots against him to reverse her newly jinxed existence until she finds herself falling for him.

The Da Vinci Code (PG-13) — While in Paris Harvard symbologist Robert Langdon (Tom Hanks) receives an urgent call: the curator of the Louvre has been murdered. While working to solve the enigmatic riddle Langdon discovers it leads to a trail of clues hidden in the works of Da Vinci.

Over The Hedge (PG) — When a suburban housing development encroaches on their forest home, Verne and R.J. form an unlikely friendship as they learn to co-exist with, and even exploit, the strange new world called suburbia.

Baumholder hosts U.S. Forces track and field championships

The U.S. Forces Europe track and field championships were held at Minnick Field in Baumholder July 29-30. All race distances are meters.

Men's results

100: 1, Jamie Eckford (Bamberg) 11.00; 2, Douglass Schmidt (Spangdahlem) 11.18; 3, Michael Williams (Ramstein) 11.38. **200:** 1, Williams, 22:97; 2, Cedric McKiethen (Vilseck) 23:18; 3, Adam Harper (Ram) 23:53. **400:** 1, Eckford, 50:47; 2, A. Harper 51:20; 3, Jeremiah Taylor (Sembach) 55:54. **800:** 1, Odis Robinson (Grafenwöhr) 2:10.24; 2, Isaiah Taylor (Wiesbaden) 2:15.88; 3, Joseph Campbell (Landstuhl) 2:15.95. **1,500:** 1, Joshua Ramos (Spangdahlem) 4:23.95; 2, Campbell, 4:32.20; 3, Paul Miller (Spang) 5:12.39. **5,000:** 1, Casey Jackson (Ram) 17:07.53; 2, Ramos, 17:17.21; 3, Campbell, 17:44.62. **110 high hurdles:** 1, Phillip Rice (Vilseck) 19.88; 2, Balthazar Salazar (Vil) 20.09. **4x100 relay:** 1, Wiesbaden (Gil Murray, Eckford, Williams, McDougal) 44.75; 2, Grafenwöhr (Robinson, Salazar, Rice, McKiethen) 48.82; 3, Spangdahlem (Pollard, Jeynia, McGoines, Miller) 50.92. **4x400 relay:** 1, Grafenwöhr (Robinson, Perez, Rice, Maldonado) 4:02.37; 2, Spangdahlem (Grays, Ramos, Shearer, Lee) 4:09.00; 3, Vilseck (Phillips, Pollard, Salazar, McKiethen) 4:24.50. **Long jump:** 1, Williams, 21 feet, 0.5 inches; 2, Eckford, 18-3; 3, J. Taylor, 18-1. **Triple jump:** 1, Greg Thompson (Sem) 41-6; 2, Earl Floyd (Spang) 39-10; 3, J. Taylor, 35-7. **Shot put:** 1, Byron Grays (Spang) 46-8.5; 2, Solandro Lee (Spang) 33-0; 3, Floyd,



Photos by Kelsy Husted

Photo left: Marie Lampe places third in the 1500-meter event with a time of 6:27.80. She also took first in the 800-meter and second in the 200-meter events. Photo right: Sarah Money competes in the 1500-meter event. She placed second in the 800-meter and third in the 200-meter events. Both teens are sophomores at Baumholder American High School.

30-5. **Discus:** 1, Grays, 107-11.75; 2, Floyd, 92-6; 3, Robinson, 86-0.25. **Javelin:** 1, Lee, 140-11.5; 2, Grays, 112-4.75; 3, Floyd, 75-4.

Women's results

100: 1, Tasia Pittman (Spang) 14.25; 2, Melanie Middlebrooks (Spang) 14.47; 3, Judith Williams (Spang) 15.20. **200:** 1, Anita Fairweather (Kaiserslautern) 30.42; 2, Marie Lampe (Baumholder) 34.50; 3, Sarah Money (Baumholder) 36.87. **400:** 1, Felicia Sierra (Spang) 66.89; 2, Fairweather, 74.45; 3, Jessica Willis (Darmstadt) 80.95. **800:** 1, Lampe, 3:12.40; 2, Money, 3:38.40. **1,500:** 1, Willis, 6:02.75; 2, Jennifer Lewis (Bam)

6:14.76; 3, Lampe, 6:27.80. **5,000:** 1, Willis 24:06.36; 2, Lewis, 24:13.02. **4x100 relay:** 1, Kaiserslautern (Haynes, Ford, Hamilton, Fairweather) 64.08. **4x400 relay:** 1, Kaiserslautern (Haynes, Ford, Hamilton, Fairweather) 5:02.40. **Long jump:** 1, Brandi Jones (Landstuhl) 14 feet, 10 inches; 2, Pittman, 12-3; 3, Fairweather, 12-0.5. **Shot put:** 1, Lajuann Harper (Ramstein) 28-9; 2, Fairweather, 26-8.25; 3, Lechelle Ford (Kais) 24-3.5. **Discus:** 1, Harper, 82-8.5; 2, Ford, 56-2.75; 3, Fairweather, 52-3.25. **Javelin:** 1, Fairweather, 39-6; 2, Ford, 33-6.5. (Courtesy of Stars and Stripes)

Thing to do ... Things to do

Self-defense for women

Baumholder's Rolling Hills Athletic Club holds a self-defense course for women 18 years and older. Classes will be held Monday and Wednesday at the RHAC from 6:45-7:45 p.m. Aug. 7-Oct. 25. The cost is \$130 for all sessions. Registration ends Aug. 3. Call civ (06783) 6-6156 or mil 485-6156.

Miniature golf tournament

The Kontakt German-American Friendship Club hosts a miniature golf tournament Aug. 13 at 2 p.m. in Wiesbaden-Dotzenheim. Cost is €4 per person. Awards presentation follows at the Strassenmühle Restaurant. To register call civ (0160) 655 5976.

Observe a hunter

Learn how hunting in Germany works, what hunters do to conserve nature and see wild game in its natural habitat with Hanau Community's "Sit with a Hunter" program. Outings are by appointment only through Aug. 20 in the surrounding Hanau area. Call mil 322-8891 or civ (06181) 57 4413.

Stomp in Frankfurt

Stomp, the dance troupe that uses the body and ordinary objects to create a percussive physical theater performance, performs in Frankfurt Aug. 15-23 at the Alte Oper (Opernplatz, 60313 Frankfurt). Most performances are at 8 p.m. except Aug. 18 at 9 p.m., Aug. 19 at 5 p.m. and 9 p.m., Aug. 20 at 3 p.m.

and 7 p.m., no performance on Aug. 21. Tickets are €24.75-65.50.

Hefty Fine Tour

The Bloodhound Gang performs Aug. 5 at 8 p.m. in Hanau at the amphitheater at Philippsruhe castle (63454 Hanau). Tickets are €34.55.

Fishing courses

Hanau Outdoor Recreation hosts a German fishing course Aug. 5-6 and 12-13 from 9 a.m. to 5 p.m. at the Community Activity Center on Fliegerhorst Kaserne. A basic fly fishing course will be held Sept. 16-17 from 9 a.m. to 5 p.m. at the Community Activity Center. Call mil 322-8891 for details.

Sports shorts

Beginner golf workshop

Juniors age 15-18 and adults can learn basic golfing fundamentals at Wiesbaden's Rheinblick Golf Course. Sessions are Saturday from 3-4:30 p.m. Aug. 5 to Sept. 9. Cost is \$135. Call mil 336-2816.

Golf challenge

U.S. Army Garrison Giessen Better Opportunities for Single Soldiers hosts a golf challenge Aug. 10, 24, Sept. 14 and 28 at 3 p.m. Cost is €30, rental equipment not included. Call mil 343-3158 or civ (06031) 81-3158.

Giessen Biathlon

The USAG Giessen Biathlon will be held Aug. 12 at the Schifffenberg Castle. Register from 8:30-10 a.m. Competition starts at 11 a.m. \$20 entry. Call mil 343-7201 or civ (0641) 402-7201.

Hanau soccer camp

Hanau Youth Services offers a soccer camp Aug. 14-18 from 9 a.m. to 4 p.m. Cost is \$50 per child. Registration starts Aug. 7. Call mil 322-8231 or civ (06181) 88-8231.

Softball tournament

The sixth annual "Round the Clock" softball tournament is scheduled for Aug. 25-27 at Ray Barracks in Friedberg. Entry fee is \$250 per team. Call mil 324-3155 or civ (06031) 81-3155.

Giessen 10-miler

USAG Giessen hosts a 10-mile run and 5-K family walk Sept. 9 at Schifffenberg Castle. Register from 9-10:15 a.m. Pre-race brief is 10:15 a.m. Race starts at 10:30 a.m. Walk is free; \$20 entry for runners includes T-shirt. Call mil 324-3155 or 343-7201.

Softball championships

The 2006 Unit-Level Softball Championship will be held Aug. 3-6 in Grafenwöhr. The 2006 Army Europe MWR Softball Championship is scheduled for Aug. 17-20 in Grafenwöhr. Call mil 475-7576.

Wrestling

MWR hosts a Freestyle and Greco-Roman wrestling officials' clinic Sept. 20-23 in Schwetzingen. Call mil 379-7693 or 373-8032. The Installation Management Agency-Europe Wrestling Tournament is scheduled for Sept. 23 at Heidelberg High School. Call mil 370-7944 or 379-7693.

‘Weigh to Stay’ program now online

Editors Note: This is the first of a two-part series on weight loss, nutrition and exercise.

By Kelly Deichert

U.S. Army Garrison Wiesbaden Public Affairs Office

A new tool to help Soldiers lose weight is right at their fingertips.

Army Knowledge Online now offers nutrition and fitness classes designed for Soldiers flagged for being overweight.

Army officials found many Soldiers were not fit to deploy due to weight issues and that education needed to be as accessible as possible, said Shelly Thomas, a personal trainer and Weigh to Stay instructor. Previously, Soldiers in Hessen had to visit a dietician in Landstuhl for three one-hour sessions.

The new program’s goal is to make Soldiers fit to fight, but the online format is open to family members and civilians. Anyone with an Army Knowledge Online account can enroll. Log onto AKO, select “My Medical” from the menu on the left, and select “Weigh to Stay.”

Once enrolled, students can select a time to take the courses. When they log in for the class, they will see a PowerPoint presentation and a number to call.

The instructor teaches the class via phone, and students can ask questions and learn from others enrolled in the program.

The three one-hour classes cover the fundamentals of nutrition, supplements, balance control and



Photo by Kelly Deichert

Some Soldiers need more than physical training to keep their weight under control.

physical activity, and discourages quick fixes. In between are three follow-up half-hour sessions covering issues such as portion control and working off the pounds. Each class ends with a test.

“The program teaches you how to fuel your body properly based on your activity levels,” Thomas said.

For example, people should eat before lifting weights, but not before cardio, she said.

Combining fat burning exercises with those that build muscular strength, endurance and flexibility help achieve total physical fitness, said Thomas.

The classes are designed for Soldiers and discuss finding healthy options at dining facilities and fitting

meals into a busy schedule.

AKO users do not have to enroll in classes to benefit from the Weigh to Stay program. The site features recipes, tips and book reviews from dieticians, all to help people develop healthy habits and avoid fad diets.

Most of the instructors are dieticians. Thomas is the only instructor who is a personal trainer, civilian and volunteer.

The program is just part of Thomas’ commitment to Soldiers. She also teaches remedial physical training to troops in Wiesbaden.

These Soldiers have been doing PT, but it’s not working, she said. If they are overweight, they have to take the time to create change, and leadership needs to give them the time to do this.

“There’s nothing easy about this,” she said. “It’s a lifestyle change you have to commit to every day.”

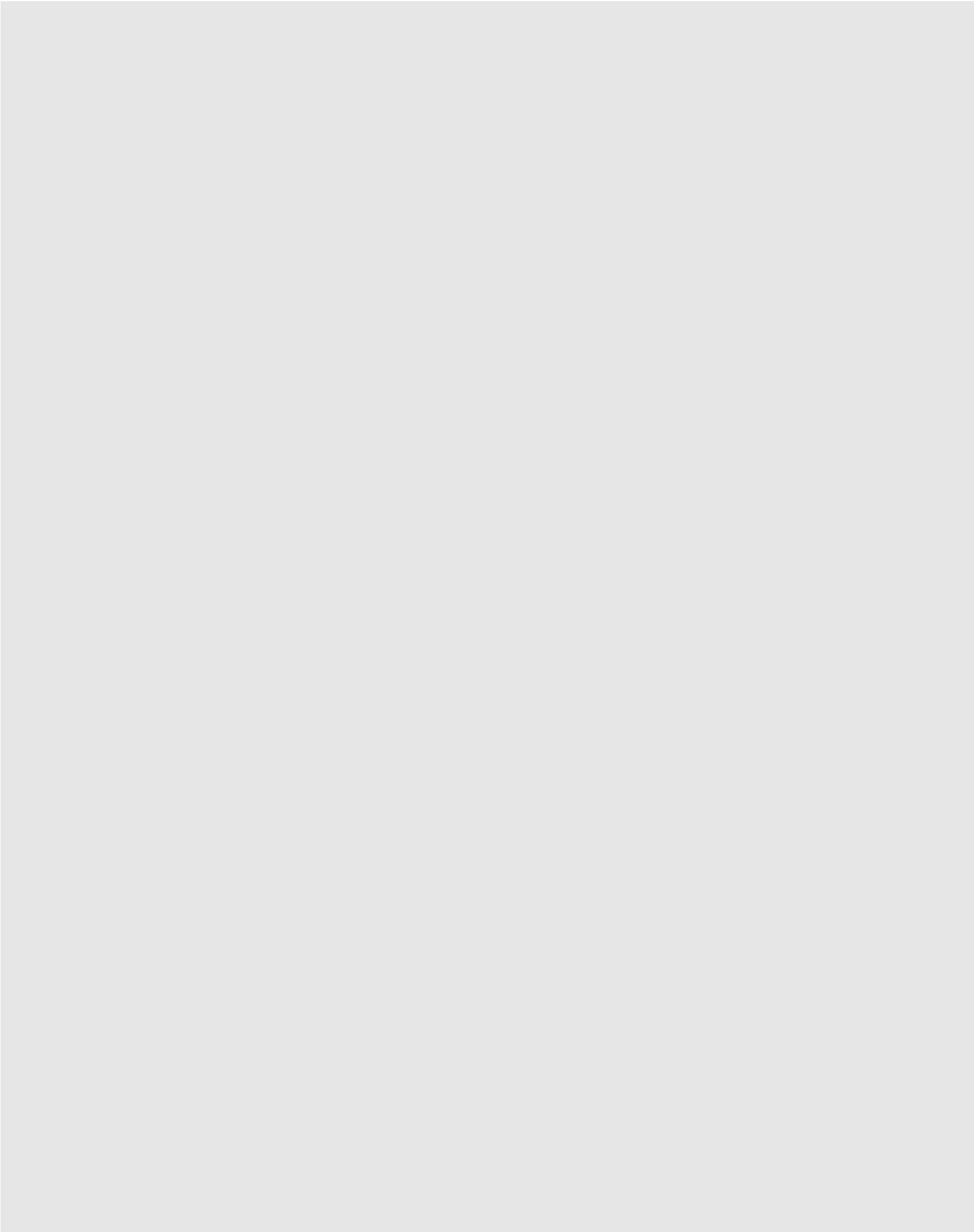
The benefits extend beyond the students. Parents can learn to develop healthy eating habits, which could help their children avoid childhood obesity.

“I’ve had clients ask for couples counseling,” Thomas said. Couples need to support and encourage each other when someone is trying to lose weight.

Thomas has been working with the Army since 1998 when she was a personal trainer for reservists in Florida. She taught remedial PT at Camp Bondsteel in Kosovo, increasing Soldiers’ PT scores. She also teaches cardio-kickboxing and Pilates classes through the USO.

Classified Form

Classified advertising



Classified advertising

[Redacted content]

